

## ABSTRACT

The present invention relates to disposable police restraints (hand cuffs), of both the single loop variety and the double loop variety. Specifically, the present invention is directed to a method and apparatus for coiling such cuffs, which are normally carried in their open configuration, or in a partially closed loop, into a small, easy to carry, and easy to use, coiled cuff form. Other embodiments of the present invention are the coiled disposable cuffs themselves, both in the single loop form and the double loop form.